

Taiji/Qigong Release of Liability

I, _____ (Print Name), understand that taiji and qigong are physical movements, as well as meditative techniques for relaxation, stress reduction, and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated.

If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly. Taiji and qigong are not substitutes for medical attention, examination, diagnosis or treatment. Taiji and qigong are not recommended or safe for people with certain medical conditions. I affirm that I alone am responsible to decide whether to practice taiji or qigong.

I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Sean McCann or other instructors with Mindful Mountain Medicine.

Signature of participant (or parent/guardian if under 18 years of age):

Date: _____

Email address: _____

Phone: _____

Emergency Contact (name and phone #):
